

Confidence means learning to see yourself the way God sees you.

WEEK
3

DAY 1

Read Ephesians 6:13-14

Paul wrote these words while under house arrest in Rome. At the time, he was likely guarded by a Roman soldier in full armor so it makes sense that he would write about putting on “God’s armor” to stand strong! As followers of Jesus, we don’t face an actual enemy army. Our battle is against Satan, the one who wants to turn us away from God. Paul is reminding us of the “armor” we have available so we can face the enemy.

When it comes to confidence, we can stand strong with the belt of truth and breastplate of righteousness! The belt of truth is what we know to be true about God! He loves us and will help us make wise choices.

The breastplate of righteousness is like covering yourself with godliness. We protect ourselves the most when we choose words and actions that honor God. **Loving God and loving others is our best defense against the enemy!**

Create your own set of “armor” this week. Grab a belt and tie it around the back of a chair. Find your favorite hoodie or jacket and zip it up around the back of your chair as the breastplate. Pray today and thank God for giving you what you need to face the enemy.

DAY 2

Read Ephesians 6:15

Paul is reminding us today to cover our feet so we’re ready to share the good news about Jesus. He wants us to be ready to talk about Jesus and what He’s done for us, everywhere we go, with everyone we meet. The enemy doesn’t stand a chance when we choose to stand strong and tell others about Jesus!

Grab a pair of shoes you don’t wear every day and set them on the floor underneath your chair with the hoodie and belt from yesterday. **Thank God for the good news about Jesus and ask Him to give you the courage to share that good news everywhere you go!**

DAY 3

Read Ephesians 6:16

What do you need in a battle when a bunch of flaming arrows start coming your way? A strong shield.

Think about those flaming arrows like untrue thoughts. Have you ever had untrue thought sneak in? Thoughts like: God won't love me if I mess up. I'll never be able to do the right thing. I'm not good enough.

Strong faith is like a shield that protects us when these wrong thoughts creep in. When you remember **God's promises—that He loves you no matter what and that He is with you, always—you can stand strong against the enemy.**

Grab something to use as a shield. It could be a piece of cardboard or a cookie sheet from the kitchen. Prop it up on the seat of the chair in front of your hoodie or jacket.

Review the pieces of armor from the version on the chair. Spend some time thanking God for each piece of armor available to you.

Use what God has given
you to stand strong.

DAY 4

Read Ephesians 6:17

Today, we read about the last two pieces of armor as described by Paul.

We start with the helmet of salvation. They protect our head and our brain. Paul wants us to remember that we can trust in and follow Jesus every single day. When the enemy tries to sneak in lies or negative thoughts, we can block them when we remember what Jesus has done for us!

And finally, we need to grab the sword of the Spirit. Soldiers needed a sword to strike down the enemy, to fight back! Our sword is God's word. **As we read and memorize God's word, we'll be able to defeat the enemy.**

Grab your bike helmet or favorite hat and hang it from the back of the chair. Grab your sword (your Bible) and read the entire passage, Ephesians 6:13-17. Touch each piece of "armor" as you read about them. Then, thank God for the reminder that He with you and that He will help you use what you have to stand strong against the enemy this week.